

Quinoa Crusted Spinach Tofu Pie

Makes: 4 Servings

"I created this recipe for kids like me who are allergic to dairy, nuts, and gluten. But, even if you don't have an allergy, you'll love it too," says Braxton. "I started cooking with my mom when I was two. But, then I stopped cooking, because food started to make my stomach hurt. I used to have seizures and bad asthma, but now that I'm not eating gluten, my seizures and asthma are gone. Now I love to cook and eat healthy food. A lot of other kids don't eat very healthy lunches in my school and unless I have smelly eggs in my lunchbox, they want my healthy food."



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	280	
Total Fat	13 g	20%
Protein	12 g	
Carbohydrates	29 g	10%
Dietary Fiber	3 g	12%
Saturated Fat	5 g	23%
Sodium	362 mg	16%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients

For the Spinach Pie Filling:

1/3 cup tofu, cut into small cubes

Salt and pepper to taste

1 tablespoon coconut oil

1/2 white onion, peeled and diced

1/2 cup peeled and shredded carrots

1 clove garlic, peeled and minced

1/2 tablespoon maple syrup

8 ounces fresh baby spinach

1 teaspoon dried thyme

2 large egg

2 tablespoons of your favorite non-dairy milk

For the Crust:

3/4 cup cooked red quinoa, drained well

2 tablespoons buckwheat flour

1 large egg

1 tablespoon olive oil

1/2 teaspoon baking powder

1/4 teaspoon salt

Directions

1. **To make the Spinach Pie Filling:** Preheat the oven to 425°F. Place the tofu on a paper towel-lined plate and press with another paper towel to squeeze excess water out of the tofu. Place the tofu on a baking sheet in a single layer and sprinkle with salt. Bake for 10 minutes, or until light brown. Don't turn off the oven.
2. **Meanwhile, in a medium sauté pan,** heat the coconut oil over medium heat. Add the onion and sauté for 2 minutes. Add the carrots, garlic and maple syrup and sauté for 2 minutes. Add the spinach and sauté until wilted and there is no extra liquid in your pan. Add the thyme and season to taste with salt and pepper. Cook for another 30 seconds and set aside in a bowl to cool. Add the tofu and mix to combine. Cover and let cool in the refrigerator.
3. **To make the Crust:** In a small bowl, combine the cooked quinoa, buckwheat flour, egg, olive oil, baking powder, and salt and mix well. Press into 4 mini quiche dishes and bake for 10 minutes.

4. **To finish the Spinach Pie Filling:** Whip the eggs in a small bowl. Remove the spinach filling from refrigerator and add the eggs and non-dairy milk. Stir quickly for another 1 minute.
5. **Remove the quinoa crusts from oven.** Pour the spinach pie mixture into the four mini crusts. Reduce the oven temperature to 400°F and bake for about 15 minutes, or until golden brown.

The 2015 Healthy Lunchtime Challenge Cookbook